

# Journeys – Short and Snappy

**Objective:** To provide a better understanding of the Journeys Program and how to pursue Journeys with girls.

**Length:** 20 minutes

**Materials Needed:** Brownie Quest Adult Guide Book; hula hoop or ball

## Information to Share (spend 10 minutes on this section)

Journeys are the main component of the Girl Scout National Program Portfolio, and they incorporate everything about the Girl Scout Leadership Experience. The Girls Guide to Girl Scouting complements the Journeys and adds additional fun to the program. Some troop leaders find the Journeys to be overwhelming and are apprehensive to give them a try. Here are some facts and tips to help troop leaders feel more comfortable and confident with the Journeys program.

### What are Journeys?

- A learning experience – Journeys are long-term, progressive activities and experiences that lead to personal growth.
- There are three Journey themes:
  - o **It's Your World – Change It!** This Journey is all about social awareness and making the world a better place. For Daisies, that means that they work on learning and applying the Girl Scout Law through active experiences. For Ambassadors, that means they will work with community members and public officials to advocate for positive change.
  - o **It's Your Planet – Love It!** This Journey is more science-based, with an emphasis on environmental awareness and responsibility. At the Brownie level, girls will learn through experience about how their own actions influence and impact the world around them. For older girls, this Journey involves drawing strong connections between environmental husbandry and social injustices, and then developing solutions to growing issues.
  - o **It's Your Story – Tell It!** This Journey focuses on self-expression and building self-esteem. Across age levels, girls learn who they are and how to connect with others in healthy, positive ways as they progress through this Journey.
- The focus of Journeys is on the learning; every experience a girl has through the Journeys will lead her to draw conclusions with real-life applications. Reflection is a critical component of Journeys that leads to personal growth.

### So how do I do it?

- Each Journey has grade-level specific awards that are earned through experiencing learning and personal growth (see the Ladder of Leadership on page 1). These experiences and corresponding awards are determined by the Girl Scout Leadership Experience. Each Journey and its awards take the girl through activities that involve reflection (Discover), collaboration with others (Connect), and Taking Action (through sharing, teaching, advocating, and making change).
- With each Journey there is an adult guide and a girl book for each grade level.
  - o Use the adult guides as just that – a guide. Feel free to substitute your own activities that achieve the same learning and growth objectives.
  - o The girl books do not follow the adult guides page by page. They are designed for the girls to take home, read through, do the individual activities, and use as a place to jot down ideas about their experiences.
- Before starting a Journey with the girls, flip through your adult guide to "Your Perspective on Leadership." Thoughtfully go through this section and experience your own reflection. This will help you prepare to work with the girls on the Journey.

## Activity – Put It into Practice (spend 10 minutes on this section)

1. Turn to page 60 of the Brownie Quest Journey Adult Guide (Connecting as a Team).
2. Explain that this is one of the activities from Brownie Quest, which is done towards earning the “Connect Key” award. To earn the “Connect Key” award, the girls must connect with their Brownie team, with their own families, and with their community. This activity achieves part of the connection with their Brownie team.
3. As a large group, play one of the games at the bottom of page 60 or 61 (Loop the Hoop or Pass the Ball, Please).
4. Ask the reflection questions found on page 60 and have a group discussion.
5. Once you have completed the activity (just as you would with Brownies), ask the volunteers what other games or activities they could substitute that would achieve the same learning objectives (of connecting as a team).
6. Ask them for ideas of how to make this Girl-Led (e.g. the girls could choose the game as the leader guides them toward a game that achieves the Connect learning objectives; OR the girls could lead the reflection discussion instead of the volunteer leading the discussion). The girls could choose to reflect through drawing and presenting pictures rather than group discussion.
7. In closing, stress the importance and necessity of the reflection aspect in order to achieve the learning goals and earn the awards. This is the case for every Journey activity (across age levels).





# Journeys - Award Summary

*Journeys are the main Girl Scout resource. They are easy to use, include great activities, and are fully customizable to fit your girls' interests and needs. The Girls Guide to Girl Scouting complements the Journeys and adds additional fun to the program. This Short and Snappy gives a quick overview of the awards available with each journey.*

*With each Journey there is an adult guide and a girl's book for each grade level. There are three different journey themes that are used in each grade level. They are: It's Your Story—Tell it!, It's Your World—Change It!, and It's Your Planet—Love It!. These journeys do not need to be completed in any order, so let your girls decide which ones they would like to do.*

*The first half of the adult guide includes general Girl Scout and Journey topic information. The actual Journey activities start about half way through the book with the sample sessions. This is where the fun begins!*

*The girl book from the Journey is just that – for the girls. It is very important to remember that the girl*



*book does not always follow the Adult How to Guide. The actual Journey program activities are all in the adult guide. There are activities in the adult guide that sometimes focuses on certain pages of the girl book but the two books do not follow each other page by page. The girl book is designed for the girls to take home, read through, do the individual activities, etc. They should bring the book to meetings in case the meeting activities do focus on any of the group activities in the girl book.*

## LADDER OF LEADERSHIP

As Girl Scouts take journeys and earn the awards, they're climbing a ladder that lets them be leaders in their own lives and in the world! Pass it on!



## DAISIES

❖ **It's Your World Change It! Welcome to the Daisy Flower Garden** – A favorite pastime-gardening-meets the Girl Scout Law. The result is a storybook world of flowers and little girls who, together, do great things. Girl Scout Daisies will especially enjoy meeting the colorful, global characters who teach them to live the Girl Scout Law.

- **The Watering Can Award** represents girls being "responsible for what I say and do." Girls earn the award by caring for their mini-garden and beginning to understand how the Promise and Law play out in their daily lives.
- **The Golden Honey Bee Award** represents taking action through a gardening effort for others to make the world a better place. The award is named for Honey, the bee who is one of the Daisy Flower Garden characters.
- **The Amazing Daisy Award** represents knowing—and living—the Promise and Law, just like Amazing Daisy, the main character of the journey.
- This award includes a background patch.

- ❖ ***It's Your Planet - Love It! – Between Earth and Sky*** – Girl Scout Daisies join their flower friends for a cross-country road trip in their special flower-powered car! Daisies earn:
  - **The Blue Bucket Award** – girls become aware of their feelings and the feelings of those around them.
  - **The Firefly Award** – girls recognize and develop their skills and then choose a skill they will educate and inspire others about.
  - **The Clover Award** – girls team up to protect a natural treasure in their region.
  - This award includes a background patch.
- ❖ ***It's Your Story, Tell It! – 5 Flowers, 4 Stories, 3 Cheers for Animals*** - The story telling theme of the newest Daisy Journey offers a fun and friendly way for girls to understand themselves and their potential. 3 Cheers for Animals! Invites girls to learn how much they can care for animals and for themselves.
  - **Birdbath Award** – Girls name one way they can care for animals and one way they can care for themselves.
  - **Red Robin Award** – Girls choose animal care tips to share with others and then tell this “story of animal care” in a creative way with a Red Robin Project.
  - **Tula Award** – Girls share with one another the good feelings they experienced as they taught others in their community about animal care.
    - This award includes a background patch.

## BROWNIES

- ❖ ***It's Your World Change It! Brownie Quest***– What is the most important keys for a Girl Scout to own? This Brownie Quest which has 2nd and 3rd graders traveling along two colorful trails – one they can enjoy on their own and one they explore with their Girl Scout group – answers that question in a special way. Along the Quest, Brownies will meet new friends and a bright and shining elf. The Adult How to Guide offers all the tips needed to create and maintain a sense of fun and mystery along the entire Quest. Brownies earn:
  - **Discover Key** – Brownies discover their special qualities and talents, values of the Girl Scout Law, and the special qualities and values of their families.
  - **Connect Key** – girls connect as a Brownie team, with their families on a healthy-living activity and with their communities to increase healthy-living opportunities.
  - **Take Action Key** – Girls identify a community place where they can Take Action, plan a Take Action project, and improve their world by carrying out their project.
  - **Quest Award** - this is the master lock that needs all 3 keys in order to open – unlocking the meaning of leadership.
  - There is also a **Leader in Action (LIA) award** associated with this Journey. Cadette girls earn the LIA awards by helping out a Brownie troop. Brownie initiates the call for help to the Cadette girl.
- ❖ ***It's Your Planet - Love It! – The Wonders of Water*** – As they dive in, the Brownies realize they can create another big WOW as they try out new ways of working as a team. Along the way, girls experience what it is like to live in areas where there is not enough water. They come to understand the right to clean water is so important to everyone on Earth. Brownies earn:
  - **LOVE Water** - This first award encourages girls to become aware of the many ways they use and enjoy water.
  - **SAVE Water** - The second award is earned when the Brownies team up and speak up as advocates to protect water or keep it clean in their community.
  - **SHARE Water** - Girls earn the third award as they create an even bigger ripple by sharing their efforts for water with others, educating and inspiring them to join in, and asking them to commit to a water promise.
  - **WOW!** - Girls culminate their journey by earning the WOW! Award, a grand finale that symbolizes the powerful change they've brought to their community. They earn the award by showing proof of their SHARE Water efforts, and by describing how their efforts relate to the Girl Scout Law and how they have had an impact as leaders.

- ❖ ***It's Your Story, Tell it! A World of Girls*** - Stories teach Brownies clues about how they can create a positive change in the world—change that affects girls.
  - Hear a Story Award – Girls see that stories hold clues for how to better the world. Brownies find a clue in a story that represents a change they can make in their world.
  - **Change a Story Award** – Girls realize they have the power to change things for the better. They act on a clue to change things for the better for girls in their world.
  - **Tell A Story Award** – Girls have the confidence and knowledge to educate and inspire others. They teach others about the change they created in their community and inspire their audience to support the change too.
  - **Better World for Girls! Award** – they understand that they belong to a large and far-reaching world of girls. Girls use creative expression (of their choice) to show what it means to them to be part of a larger world of girls.



## JUNIORS

❖ ***It's Your World Change It! Agent of Change*** – Power. In this journey, there's a whole spiral of it waiting for Girl Scout Juniors. The journey is filled with ceremonies and circles, real-life heroines, and special new characters, including the fashion-savvy spider named Dez. Along the way, girls learn how their own power combines into team power and then moves out to become community power. The journey's centerpiece is a comic story of girl heroines who will inspire the Juniors as they take action to improve their own community.

- **The Power of One Award** - girls will discover and share the powerful story of a forgotten woman or girl from around the world who mobilized others and made a difference, discover all the ways their own strengths and powers help them create change in the world, and discover what the Girl Scout Law and true "heroines" have in common
  - **The Power of Team Award** - girls connect with their Girl Scout crew to create a "super girl" story in which the characters take one small situation they care about and strive for long-lasting community change. Girls will also make a team decision and write their team hopes for a Take Action Project that reaches into a community network to solve a problem together with community members
  - **The Power of Community Award** - girls take action on their plan, reach out, join others and get them involved, and start something that snowballs into a change in their world. Girls join in their Girl Scout Junior circle to reflect on what they accomplished and celebrate it.
- ❖ ***It's Your Planet - Love It! – Get Moving!*** – Juniors build their skills as leaders who Energize, Investigate, and Innovate. They earn these three prestigious new leadership awards as they explore their own energy, the energy in their places and spaces (buildings), and the energy of getting from here to there (transportation). Juniors have a new comic story, "Vamos Ya!" to inspire their action (walking school bus anyone?) Dez, the fashionista spider, is also back to add some wit to the journey as she tries to figure out life "off the grid." "How does this carbon footprint thing work?" she asks. "Do I get eight?" From their own paper-making experiment to making beads from newspapers and magazines to forming a "perpetual human motion machine," Juniors will find that GET MOVING! is crammed full of energizing stuff to make and do!
- **Energize Award:**
    - Make an Energy Pledge to reduce their energy use in one or more ways
    - Try at least two other Energize activities suggested along the journey
    - Check out how other people are tackling energy issues
  - **Investigate Award**, girls connect with their Girl Scout crew to:
    - Learn about energy use in their buildings
    - Work with their families to make an energy improvement at home

- Investigate energy use in a community building and suggest ways to make it more energy-efficient
  - **Innovate Award:**
    - Identify an energy issue in the community, research it, create a plan, and carry it out, all the while reaching out to others to join in, too
    - Share the news, reflect on what they accomplished, and celebrate it
- ❖ ***It's Your Story, Tell it! aMUSE*** - In aMUSE, Juniors gain an understanding of just how limitless their potential can be as they combine storytelling with the many roles--real and creative--that the world has to offer. Girls will have fun trying on roles and learning about people and the power of real-life action and leadership.
- **Reach Out** – Girls understand the many roles women and girls play in the world around them and the leadership skills used by to play them. They keep a Casting Call Log and do an interview or a panel discussion.
  - **Speak Up!** – Girls become aware of how stereotypes could hold themselves and others back from trying on roles, and they Take Action to help stop stereotypes. They complete 3 Speak Out! activities, and team up to choose a stereotype and create and tell a story to help stop it.
  - **Try Out** – girls have the courage and confidence to try out new roles. They keep a Role Call Log and choose and complete 2 other Try Out! activities listed in the Journey.

## CADETTES

### ❖ ***It's Your World –Change It - aMAZE***

Girls learn smart ways to navigate life's maze of relationships from first impressions, to stereotypes, cliques and conflicts, bullies to what makes a good leader. As girls maneuver all the twists and turns, they'll find true friendships, plenty of confidence, and maybe even peace.

- **Interact Award** – signifies that girls can advance peace in the world around them – one interaction at a time.
- **Diplomat Award** – a diplomat “possesses skill or tact in dealing with others.” Girls demonstrate that they can pass their relationship skills on to others through a Take Action Project.
- **Peacemaker Award** – Each chapter of the girls' book) and each session when you meet) ends with a “for Your Peacemaker Kit” reflection. Girls collect relationship “tools” they can use and pass on to others. This award is earned when girls review all their tools and make a commitment to use them throughout their live.

### ❖ ***It's Your Planet – Love it - Breathe***

Breathing is the center of life. Billions of living things breathe every moment of every day. That's why Breathe calls on Cadettes across the country and around the world to use their leadership skills and values to protect the air of the Planet Earth. What the girls learn about air, and curiosity that new knowledge inspires, will be the springboard to caring about our planet now and throughout their lives.

- **Aware Award** – 1) keep an air log. 2) Identify two experts who can guide you to greater air awareness. 3) Increase your awareness about the issues that impact Earth's air. 4) Decide the most important, personal reason you care about Earth's air.
- **Alert Award** – 1) with your team choose an air issue to act on together. 2) decide whom to educate and inspire – this is your air Care Team (ACT). 3) Decide what you will ask your Air Care Team to do. What call for action will you request? 4) What medium and method will you use to reach your Air Care Team. 5) Give you ACT its call to action!
- **Affirm Award** – 1) Gather proof of progress or improvement you're your efforts to educate and inspire. 2) share the impact with your ACT team. 3) Reflect on your Cadette team's efforts. 4) Affirm your commitment to care for the world's air.



### ❖ *It's Your Story – Tell It! - Media*

Girl Scout Cadettes explore several forms of media that surrounds them and look critically at what they find. Is there any ME in their media world?! On this journey, they have the chance to shape media for themselves, their community, and the world.

- **Monitor Award** – Cadettes complete 3 activities that get them to hone in on the role media plays in their lives and the lives of those around them.
- **Influence Award** – girls team up on a Media Remake Project to make media that better represents their reality.
- **Cultivate Award** – girls are challenged to make a positive change in the way they use media in their lives. They cultivate a change so it grows into a full-fledged inspiration for others.

## Seniors

### ❖ *It's Your World –Change It! - GIRLtopia*

GIRLtopia Invites Senior Girl Scouts to consider the reality of life for girls around the world. Can girls everywhere pursue their passions; choose their career and family life? Can they influence policies that really matter- education, health care, housing, employment? GIRLtopia gives girls a chance to imagine a perfect world-for girls. Imagining is the first step toward creating real change in the world.

- **Visionary Award** – 1) Create a unique vision and artistic representation of an ideal world and then share it with others. Be creative! 2) Guide a mini-discussion or group activity that engages other girls in thinking about visionary leadership. 3) Do a Take action Project that moves the world (or a community) one step closer to ideal.

### ❖ *It's Your Planet – Love it! - Sow What?*

Food costs money. With all the conveniences today, it is all too easy to forget that each and every bite of food also comes at a cost to the Earth's resources. So what and who, will protect those resources? Girls are invited to explore some big food issues: how and where food is grown, processed, distributed, consumed and so often wasted. Girls will be asked to explore their "food prints" and cultivate sustainable food (and people) networks.

- **Harvest Award** – 1) Identify and dig into, a food or land issue, tapping some community experts as you go. 2) Capture your vision for change in a Harvest Plan. Say it in a way that gets others interested and involved. Show how even simple actions and decisions impact the larger food network. 3) Now create change and execute your plan by advocating to influence a food policy or land use effort or by educating and inspiring others to act on a solution you identify.



### ❖ *It's Your Story – Tell It! - Mission: Sisterhood*

Through this Journey Girl Scout Seniors realize the benefits of sisterhood – for themselves and the world. They learn ways to broaden their friendship borders – and be their own best friend. They will discover how sisterhood strengthens girls and in turn the world.

- The Sisterhood Award – 1) Define a sisterhood Issue for yourself. Find and think about an issue that you've never thought about before. 2) Develop your mission. Figure out what you can do about the issue and develop a plan. 3) Make the big decisions. Understand how to focus efforts so they get results despite obstacles. 4) Logistics time. Develop your plan. 5) Creating the Project timeline. Start some change that keeps on going.

## Ambassadors

### ❖ *It's Your World –Change It! - Your Voice Your World*

Girl will learn the skills to become advocates in their community. Advocacy is a public effort, but it has many personal components. Throughout this Journey, the girls will have the opportunity to develop valuable leadership skills – problem solving, research, networking, and persuasive speaking, consensus-building. These are skills that will serve girls throughout their lives. A way for Girl Scout ambassadors to raise their voices for a cause they believe in. As they join their voices with other voices, they'll see that just one flutter can create a whirlwind of change. That's how powerful advocacy can be.

- **Advocate Award** – girls complete the 8 steps to advocacy. 1) Find your cause. 2) Tune in 3) Harmonize. 4) Identify the big ears and set up a meeting. 5) Prepare your pitch. 6) Make your pitch. 7) Close the loop and give thanks. 8) Reflect and celebrate.

### ❖ *It's Your Planet! – Love It - Justice*

The challenge of identifying environmental injustices, understanding how they arise, and realizing how solution to them can be found are opportunities for girls to develop valuable leadership skills they can use now and throughout their lives. JUSTICE goes beyond simple matters of right and wrong. Justice is about fairness, understanding and compassion. Environmental issues are at the forefront of this Journey.

- **Sage Award**- this award represents both the commitment and ability to be judicious, and it reminds us of the importance of healing. There are 6 steps to earning this award. 1) Look high and wide—Girls find ways to see the big picture of environmental justice issues. 2) Do the math—identify ways to lighten their step on the planet and make a commitment to follow through and record their results. 3) Be hawk-eyed—girls sharpen their critical eye for environmental issues by learning to look beyond the hype. 4) Take the scientific view—girls investigate the role of science and uncertainty in environmental justice issues by interviewing scientists. 6) Create your equation and present it—girls review their notes and ideas they've made along the journey, create their definition and equation for justice and choose the audience for their presentation.

### ❖ *It's Your Story – Tell It! - Bliss Live it! Give it!*

Girl Scout Ambassadors realize that helping others reach for their dreams is as Blissful as reaching for their own. Girls learn to dream big. Understand what it takes to plan for and move toward dreams. Finally as girls dream for themselves and others, they feel the bliss and gain confidence.

- **The Dream Maker Award** – girls will define a sisterhood issue, create a plan for how to Take Action on that issue and then Take Action. 1) Meet successful dreamers – learn that helping others also helps themselves. What women and girls in their community could use the Ambassadors help in moving a dream forward? 2) Seek and select a dreamer – see that members of their community have diverse needs and girl learn to expand their networks. 3) Define the dream – learn to research and plot out a realistic, step-by-step plan. 4) Give It! Gift It! – use their talents and skills to Take Action on their dreams.

*Remember the Journey resources already have the GSLE built right into them; Journeys are fully customizable to fit the needs and interests of the girls and remember to add in a variety of side trips such as earning badges, going on field trips, travel and outdoor excursions, participating in the product program, etc.*





